

Recipe Smart Stand-Ins For Heart Healthy Cooking

Use the following tips to trim fat and excess calories in your favorite recipes. Try adding additional spices to recipes instead of salt for added flavor.



MOVE!

If your recipe uses:

Try this instead:

Whole milk	Skim, ½% or 1% milk
Light cream	Equal portion of 1% milk & evaporated milk
Heavy cream	Equal portions of half-and-half and evaporated skim milk
1 ounce of baking chocolate	3 TBSP cocoa powder, if fat is needed add less than 1 TBSP canola oil
Fudge sauce	Chocolate syrup
Nuts, coconut	Use less quantity of nuts, toast to enhance flavor, replace coconut with nuts of choosing
Whipped cream	Whip chilled evaporated skim milk or use low fat or fat free whipped topping
Sour cream	Fat free sour cream, low fat yogurt, or blend 1 cup low fat cottage cheese with 1 TBSP skim milk and 2 TBSP lemon juice (for tartness)
Mayonnaise	Low fat or fat free mayonnaise, fat free plain yogurt
Butter, lard, margarine, shortening	Use canola or olive oil, try to reduce overall amount of fat in recipe. Use low fat tub or squeeze spreads for table use.
Oil (in baking)	Equal amount of applesauce, or double amount of plain yogurt
1 whole egg	2 egg whites or equivalent egg substitute



Recipe Substitutions continued

Cream cheese	Reduced fat or fat free versions (do not use fat free for baking)
Ricotta cheese	1% cottage cheese, skim or nonfat ricotta
Whole-milk cheese (regular cheese)	Skim milk mozzarella or low fat cheese or reduced fat cheese
High fat cuts of meat labeled “choice” or “prime” grades	Leaner cuts of meat labeled as “select” grade, such as round, sirloin, top loin
Ground meat (all types)	Select ground meats with 10% or less “fat by weight”
Luncheon meats	Low fat varieties, such as skinless turkey, chicken or lean ham
Sausage	Ground turkey with 10% or less “fat by weight”
Bacon	Canadian bacon, turkey bacon, lean ham (use low fat varieties)
Avocado, olives, coconut, etc. for salad garnishes	Fruits and vegetables that are lower in fat, such as cucumber slices, orange slices, carrot curls, tomato roses
High fat cake frosting	Sifted confectioner’s sugar, sifted cocoa powder, cream cheese icing made with confectioner’s sugar and low fat cream cheese (no added butter) Try spreading jam between cake layers instead of using frosting

